

POST-OPERATIVE CARE INSTRUCTIONS

(After Suture removal)

1. **Rinse twice a day** with Listerine or the prescribed rinse.
2. **Use the plaque control devices** (toothbrushes, proxabrush, etc.) as instructed, even if bleeding occurs. A cleaner mouth enhances and expedites the healing process.
3. Some food may become lodged between the teeth. This problem will diminish with healing. A **soft diet** might be best for a few days, but you can eat whatever is comfortable.
4. Some discomfort can be expected for the first few days but will gradually subside with healing of the tissue.

Please Note:

- The surfaces of operated tissue may feel irregular after surgery. This is exaggerated by the accurate sense of the tongue.
- Patients may experience tooth sensitivity to hot and/or cold. Sensitivity to heat may last 1-2 weeks. Sensitivity to cold may last for longer, in some cases up to 3-4 months.
- Teeth on the operated side of the mouth may feel "higher" than other teeth in the mouth. This is temporary, so do not be concerned.
- Mobility of the teeth on the operated side may increase somewhat. Do not be concerned, as teeth will usually tighten up after time. In extremely complicated cases this may take up to 6 months. Patients with extreme bone loss, who need permanent periodontal splinting after periodontal surgery is complete, will continue to exhibit mobility until the teeth are splinted together.

**If you have any questions or problems,
please feel free to contact the office at any time.**



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